

# USING ASSESSMENTS

UNDERSTAND THE CONTEXT AND PURPOSE OF THE ASSESSMENT,  
THE CHANGE YOU WANT, AND YOUR ENVIRONMENT

Take the assessment with focus and intent  
(garbage in = garbage out)

*View results as a means to an end, not an end themselves*

Use your strengths to support your growth  
areas (don't just focus on the "bad")

HAVE A PLAN AND SUPPORT MECHANISMS FOR PERSONAL GROWTH

**BE PATIENT AND PERSISTENT; CHANGE IS A JOURNEY,  
NOT A DESTINATION**

